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## Young Men's Christian Association of Montreal

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### PREMATURE DETERIORATION A RESULT OF INACTIVITY

The very real hazards facing people in sedentary occupations were outlined Thursday by Alex Wright, Physical Education Director of the Montreal Downtown YMCA, at a Montreal Kiwanis Luncheon.

"Automation and the continuing development of labor-saving devices encourage physical inactivity and have helped make it one of the biggest contributors to heart attacks and related diseases," he said.

Yet, despite mounting evidence that they are needlessly squandering years of youthful vitality and efficiency, too many men continue to follow routines which hasten physical deterioration.

They work, drive home, eat, sit before their televisions, go to bed and arise next morning to repeat the whole process.

"Helped by pills to make them sleep, wake up, ease pain, break the smoking habit and relieve depression--many of them do reach a ripe old age," he conceded.

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But no one has yet been able to develop a substitute for exercise as an essential element of physical fitness. The price of failing to recognize this includes the possibility of arthritis in the bones, shakey joints, malfunctioning bowels and the need to be very careful indeed.

"We won't solve the problem by throwing bricks at televisions, or puncturing car tires and causing elevators to breakdown. What we must do--and are doing--is develop exercises which serve as substitutes for hard physical work and natural movement."

Susceptibility to fatigue and an increase in the length of time required to recover from physical exertion are two warning signals.

"Frequently, the best way to fight these is to get tired more often," he urged.

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